

Mayo Clinic Minute: How often should you wash your hair?

Video	Audio
	In the shower, you may be rinsing off the day's stresses. But when it comes to washing your hair, how often should you lather up?
Dawn Davis, M.D. Dermatology Mayo Clinic	"We oftentimes think about shampooing as being beneficial for the hair. But we forget that we also have to address the scalp as well."
	Mayo Clinic's Dr. Dawn Davis says if you don't regularly shampoo your hair, it's difficult for your scalp to get cleaned.
	"And that can lead to the buildup of dead skin and oil residue on the scalp, which can lead to dermatitis or dandruff and be quite uncomfortable and itchy."
	She says everyone's hair texture and needs are different. However, there are some guidelines to consider.
	"So for persons of color, the typical recommended shampooing regimen is once to twice a week, separated by a couple of days, so that there's not dryness if you shampoo day to day."
	"For persons who are not skin of color, we recommend shampooing every second or third day at a minimum. And some patients can shampoo up to daily. It just depends on whether their hair needs cleansing and/or their scalp needs cleansing."
	For the Mayo Clinic News Network, I'm Jason Howland.